



Road To Recovery Month

VOLUME 4, ISSUE 2

MAY 2013

MARK YOUR CALENDERS

- June 6th, 2013 - Recovery Month Planning Partners' Meeting via TELE-CONFERENCE
- September 3rd, 2013 - Recovery Month Planning Partners' Meeting
- September 4th, 2013 - Recovery Month Kick-off Luncheon



Welcome New 2013 Planning Partners

By Latoya Jones

In the words of Harriet Ann Jacobs “the beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also.”

Just as spring is the beginning for all living things, **Recovery Month** is rejuvenated by the addition of new Planning Partners.

In this issue we extend a warm welcome to The National Alliance for Drug Endangered Children; Prevention Partnership International; The American Indian Community House; and Models Against Addictions.

Alone we can do little; together we can do so much more, this is why we continue our journey to reclaim lives, together on pathways to wellness.

National Alliance for Drug Endangered Children

“Recovery is a way of life – the on going process of diminishing the adverse impact of drugs and substance abuse” is how Chuck Noerenberg defines recovery.

Chuck Noerenberg president of The National Alliance for Drug and Endangered Children (DEC), has joined the **National Recovery Month** Planning Partners to highlight the value of recovery and the hope it provides. DEC recognizes that children plus drugs equal risk; and to eliminate risk, recovery is

critical. DEC believes law enforcement and other interveners can be the door to recovery for families suffering from substance abuse.

This organization started as a Westminster, Colorado grassroots movement that involved professionals committed to changing the life of a child by breaking cycles of abuse and neglect.

DEC realizes the impact of substance abuse on children and families involves the entire continuum of practitioners responsible for protecting children. This includes law enforcement, child welfare, medical personnel, treatment providers, and everyone with the opportunity to recognize a drug endangered child. DEC provides training and tools for practitioners from various backgrounds on a collaborative approach to breaking cycles of neglect and abuse.

This year DEC is promoting recovery by sending information about **Recovery Month** resources and activities to their national network of more than 8,000 professionals. They will also post other events on the **Recovery Month** website.

To get more information on the National Alliance for Drug Endangered Children visit their website at:

www.nationaldec.org

Prevention Partnership International

“Breaking the cycle of addiction and abuse” is the slogan used by Prevention Partnership International (PPI) of California. PPI is a division of Family Resources International, founded in 2001 to develop programs helping children and families break the cycles of addiction. PPI uses *Keys to Healthy Living* and *Keys to Healthy Families* evidence based curriculums.

This evidence based practice organization explores the physical, psychological, social, and spiritual components of healthy living. PPI integrates teaching of skills with strategies to break the cycle of addiction. Model teaching for individuals with learning differences, classroom based alcohol and drug prevention (including prescription drugs), and Young Mothers are Strong, are a few *Keys to Healthy Living* created by PPI.

Based in Santa Clara County CA, PPI programs are built on the principle that chemical dependency is a chronic, treatable brain disease affecting every member of the family.

Rosemary Tisch, director of PPI as well as lead author of *Celebrating Families*; describes recovery as “being balanced, knowing who I am and who I am not while recognizing God’s hand in all aspects of my life.” Ms. Tisch

became a **Recovery Month** Planning Partner to raise awareness of national social problems, meet other agencies that have a mission of helping people recover, as well as share what she has learned nationally and internationally with other **Recovery Month** Planning Partners.

For more information on Prevention Partnership International visit their website at: www.preventionpartnership.us

American Indian Community House

Founded in 1969 by volunteer American Indians and Alaskan Natives, the American Indian Community House (AICH) serves an estimated 112,000 Native Americans and Alaskan Natives. This agency consists of a membership supporting approximately 72 different tribes. AICH is a community-based and multi-faceted culture centered support agency located in New York City, with services specialized in areas such as wellness, women's wellness, diabetes, behavioral health, and a youth council.

AICH defines recovery as improving the overall wellness of an individual including the physical, mental, and spiritual aspects.

As an agency the AICH promotes recovery of mental illness and substance abuse within the American Indian and Alaskan American community. Understanding that behavior health is an integral component of one's overall well being, AICH accepts responsibility as a health agency

to educate and inform the importance of total health wellness. AICH has joined **Recovery Month** Planning Partners because it provides an opportunity to promote total wellness.

For more information on the American Indian Community House please visit their website at: www.aich.org

Models Against Addictions

With a heart to help those who suffer from addiction receive a second chance to live a healthy life, Asia Dyrkacz and international model Meret Hulliger, established Models Against Addictions (MAA), a non-profit organization in New York City.

"The path to free yourself from addiction lies in a spiritual journey of self discovery; meditation is the perfect practice to achieve this." This is how international model Asia Dyrkacz defines recovery.

As a child Asia witnessed addiction ruining her family and childhood, and ultimately destroying the people closest to her. "Addiction took away the lives of my father and brother," expressed Asia. Having experienced how destructive addiction is, Asia became strong, aware, and motivated to put an end to its vicious circle; and to heal.

MAA's mission is to heighten public awareness and knowledge about substance use disorders, dependency, addic-

tive behaviors and the recovery process. MAA introduces a natural and holistic approach to addiction through integrated traditional and alternative therapy techniques.

As a Planning Partner MAA wants to promote a meditation and yoga practice called Kundalini Yoga Awareness. MAA models advocate that this practice rebuilds peace of mind, self discipline, increased self esteem, clarity, and self control.

"Addiction is an illness of the brain, not a choice" added Asia; therefore, recovery should be holistically approached through mind, body, and soul.

To learn more about Models Against Addictions visit: www.modelsagainstadictions.org

Recovery Month Welcomes Ms. Wilma Townsend!

As spring brings change so does **Recovery Month**. Ivette Torres, Associate Director of Consumer Affairs, has embarked on a three-month detail with the Pan-American Health Organization (PAHO). **Recovery Month** would like to wish Ms. Torres a wonderful experience as she explores new opportunities at PAHO.

Recovery Month would like to extend a warm welcome to Ms. Wilma Townsend, who will serve as acting Associate Director for that period of time.

Wilma Townsend is presently a Public Health Analyst in Consumer Affairs at The Center for Mental Health Service at SAMHSA.

She was previously the President of WLT Consulting, a consulting firm that specialized in Mental Health Recovery, Consumer Involvement and Cultural Competence.

Ms. Townsend was a board member of the National Leadership Council for African American Behavioral Health, a former board member of the American College of Mental Health Administration, and Founding member of the Multiethnic Advocates for Cultural Competence in the Ohio area.

Ms. Townsend is a recognized national consumer leader in the recovery movement. She has written two books in the area "Emerging Best Practices in Mental Health Recovery".

Her most recent book (2006) is entitled "*Consumers in the Mental Health Workforce: A Handbook for Community Providers.*" Ms. Townsend has also been a member of SAMHSA workgroups that developed national standards on cultural competence and a national paper on Mental Health Recovery.

Ms. Townsend, on behalf of the **Recovery Month** Planning Partners, we welcome you!

There's something about spring that inspires a desire for change!

2013 Events

2013 NAMIWalk Ventura County

Ventura, CA

05/04/2013

Event- Walk/Run

Contact-Ratan Bhavnani or Chris Novak

namiventura@gmail.com

Israel Free Sober Trip

New York, NY

06/03/2013

Event- Faith-Based

Contact-Sharon Darack

sdarack@jbfcs.org

Hotlanta Roundup

Atlanta, GA

08/30/2013

Event-Conference, Education, Food

Contact- Greg

info@hotlantaroundup.org

Teens Using Drugs: What To Know and What To Do

Ypsilanti, MI

05/07/2013

Event- Educational Workshop

Contact-Tamara Shirey

tud@dawnfarm.org

Recovery Art Exhibition at UNCW

Wilmington, NC

07/08/2013

Event-Artistic

Contact-Linda Warden

lcwarden@yahoo.com

The Next Step Race for Recovery

Cleveland, OH

09/01/2013

Event-Celebration, Food, Fundraiser, Walk/Run

Contact-Judi Sparano

judi.sparano@ednahouse.org

National Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2013

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***“Join the Voices for Recovery:
Together on Pathways to”
Wellness”***

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover.

